

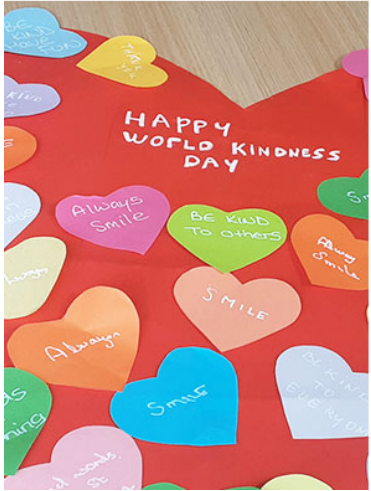
## Heartfelt thoughts on World Kindness Day at The Old Downs Residential Care Home



**Our residents and staff at The Old Downs Residential Care Home joined in to celebrate World Kindness Day on Saturday 13 November.**

To mark the occasion, we created our own '**Heart of kindness**'; we made a large red heart from card and filled it with mini paper hearts containing **special heart-warming messages** from our staff to residents and vice versa.

Such a beautiful activity to share – *a little bit of kindness in the world goes a long way.*



Making our 'Heart of kindness' for World Kindness Day